

Take Action!

Healthy Lifestyle Goal and S.M.A.R.T. Steps

I, _____ will reach my Healthy Lifestyle Goal of:
(your name)

by following my S.M.A.R.T. Steps:

Determining your S.M.A.R.T. Steps - It's important to take S.M.A.R.T. steps when making lifestyle changes:

Specific: Identify real targets.

Measurable: Use numbers that you can track.

Action-Oriented: Be specific on the action step.

Realistic: You must be both able and willing to achieve the goal.

Timely: Give yourself a timeframe.

Here are several examples of a Healthy Lifestyle Goal followed by S.M.A.R.T. steps toward that goal:

I will lead a more physically active lifestyle.

- I will be active _____ day(s) a week for _____ minutes, by _____.
- I will walk for a total of 30 min a day, during my lunch break, Mon, Wed and Fri.

I will lose weight slowly.

- My goal weight in 3 months is _____
- My goal weight in 6 months is _____

I will eat more foods with fiber.

- I will eat at least _____ servings of vegetables per day
- I will eat at least _____ servings of fruit per day
- I will make at least ½ of the grains that I eat whole grains.
- I will eat at least _____ servings of beans/legumes per week.

I will limit my intake of sweets.

- I will stop drinking sodas.
- I will have _____, _____ per week (ex. Chocolate, cookies, candy, etc.)

I will reduce the times I go out to eat.

- I will plan out my meals to prepare dinner at least _____ times per week.
- I will bring my lunch to work at least _____ times per week.

HealthMatters is UC Berkeley's Wellness Program with campus partners including Office of Environment, Health & Safety, Human Resources, Physical Education Program, Recreational Sports, and University Health Services: CARE Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.

uhs.berkeley.edu/facstaff/healthmatters

